

BRONCHIAL ASTHMA

Karen Scales

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I have been taking medication for asthma for over thirty years. Initially just Ventolin and progressing to Symbicort 10 years ago. After a dreadful experience whilst detoxing I went from one puff a day of Symbicort to four a day and I still felt tight chested. The impact on my life cannot be underestimated.

I have tried many complementary therapies in the last five years with only some slight and mostly temporary, improvement until Buteyko was recommended recently. With nothing to lose I am now three weeks in to my Buteyko Breathing Centre Skype course and cannot believe the difference even in this short space of time.

I have already been able to reduce my reliever medication and the tight feeling has all but gone. I feel less anxious and the 'spaced out' feeling seems to have left me. I've also noticed that my hands and feet are no longer chilly. There is some improvement in the quality of my sleep. Even walking is becoming a pleasure again rather than a chore. At my regular osteopathic treatment last week my osteopath observed that my diaphragm was much freer.

There is no doubt that Buteyko is a commitment with your time initially but it's very quickly incorporated into your life as you begin to feel the benefits.

I very much look forward to continued improvement with Linda's expert help.

Karen Scales

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